

# CASE STUDY

## SUNDERLAND FC



### EQUIPMENT

- Standard Power Racks with Integrated Smiths Machines
- Branded Lifting Platforms
- Duratrain Performance Flooring
- Turf Track
- Leg Press
- Leg Extension
- Leg Curl
- Dual Adjustable Pulley

“ Sunderland FC have recently completed a refurbishment of the gym at the Academy of Light. Throughout the process Perform Better were extremely helpful providing advice and sharing examples of other installations to complete the design to our specification. I am really pleased with the design and build quality of the equipment which is being used by all players from U9 to first team and enhancing our training delivery. ”

JONATHAN NORRIS  
LEAD STRENGTH AND CONDITIONING COACH

When the Academy of Light was built a large space was allocated for Strength and Conditioning- the equipment had become tired and the decision was made to fully refurbish the facility. Having supplied a lot of the existing equipment Perform Better were selected to fully re-equip the equipment and flooring. A glass partition between the two sections of the room was removed along with the wooden sprung floor and was replaced with Duratrain Performance flooring and a turf track.

Having visited a number of Perform Better's local installations the Performance team selected the Standard Range of Power Racks with integrated Smiths machines and storage. Branded lifting platforms were inset into the Duratrain flooring and Standard Half Racks with integrated storage were installed down the opposite wall. The racks were complemented by a number of disc loading machines- Leg Press, Leg Extension and Leg Curl and a Dual Adjustable Pulley.

There was a very tight turnaround to complete the project with Sunderland qualifying for the play off final at the end of last season. The flooring was removed and replaced while the players were away and then the equipment was installed while the players were away on camp in Portugal and everything was completed when the players returned.

